

THE SUNNYVALE SENIOR NUTRITION PROGRAM

The Sunnyvale Senior Nutrition Program is in the 24th year of providing hot meals to the seniors of the community.

This is the largest of the 26 senior nutrition sites in Santa Clara County, one of the most cost efficient, and is highly regarded by the participants and by the County.

The Program, sponsored by the First United Methodist Church of Sunnyvale, is contracted from the County of Santa Clara, with funding from three Federal and State agencies through the Council On Aging of Santa Clara County, Inc., the County, the City of Sunnyvale, free-will contributions from those receiving the many services offered, and by gifts from the community.

NUTRITION SITE

The Sunnyvale Senior Nutrition Program is conducted in the Great Hall of the First United Methodist Church, which is located at 535 Old San Francisco Road, Sunnyvale, California. This is just west of Fair Oaks.

Participant parking is on the east and north sides of the facility.

County Transit Bus #55 stops in front of and across the street from the facility. The #26 Bus is nearby. The #22 Bus is two, long blocks away.

GIFTS TO THE PROGRAM

Gifts to help support the Program are welcome, and should be noted and addressed:

Senior Nutrition Program, FUMC,
535 Old San Francisco Road
Sunnyvale, CA 94086

Sunnyvale Senior Nutrition Program

The Sunnyvale Senior Nutrition Program is in the 24th year of providing nutritionally-balanced, hot, mid-day meals and supportive services to those 60 years or older, their spouses, and individuals with disabilities, who live with and accompany a senior.

More than 1000 seniors, their spouses, and the disabled participate in the Program each year.

An average of more than 216 hot meals are served each of 250 week days a year.

For information call:

(408) - 739 - 0833

MEALS

Hot meals served at mid-day
in congregate setting

- cooked on site
- served on warmed plates

Nutritionally-balanced

exceeds 1/3 of dietary standards

Varied menu

5 week cycle

Typical entrees

Crispy fish
Roast turkey-gravy
Beef sirloin tips
Teriyaki chicken
Meat loaf
Stuffed peppers
Roast beef-gravy
Barbecue chicken
Beef stew
Spaghetti-meat sauce
Roast chicken
Baked turkey
Seafood platter
Roast pork
Meat lasagna
Crispy baked chicken
Chicken cacciatore
Beef marinara sauce

SUPPORTIVE SERVICES

Van service for transporting
the handicapped to the site

Band dance music every day

Exercise classes three days a
week

English language classes one
day a week

Bingo one day a week

Socialization

Volunteer opportunities

Information services

Nutrition

Health

Eldercare

and many more

DAILY SCHEDULE

7 AM	Open
8 AM	Coffee, rolls
10-11 AM	Exercise class Mon, Wed, Fri
10-11:30 AM	Music and dancing
11:30-Noon	Hot meal
Noon	English class Tuesday
Noon	Bingo Thursday
Seasonal and special event days are held twice a month.	